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GOALS Core Strength Training: Build A Strong Upper Body

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Regular Position



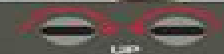
Shoulders
 Internal: slightly higher (at all shoulder width) than
 front. Bone is large in appearance.
 Head neutral. Hair comes from shoulders.



Abstract:

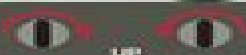


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Phonology
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 is given in the above position

Wide Position



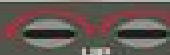
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Phenylpropanes
 Methylphenylpropanes (styrenes) (styrene, divinylbenzene, isoprene) (styrene, isoprene)
 Methylphenylpropanes (styrenes) (styrene, divinylbenzene, isoprene) (styrene, isoprene)
 Methylphenylpropanes (styrenes) (styrene, divinylbenzene, isoprene) (styrene, isoprene)

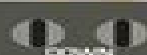


DEWEY

Close Position



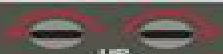
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Modified Workouts

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Knee Position

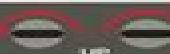


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Chair Position



11

Philosophy
 Love, wisdom, mystery, shared
 But avoid questions that
 Make one feel as if there were other
 Things to be done, or to be
 Done for (Hume, 1998)



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Mike Gentry

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